



DIABETES: A SILENT KILLER

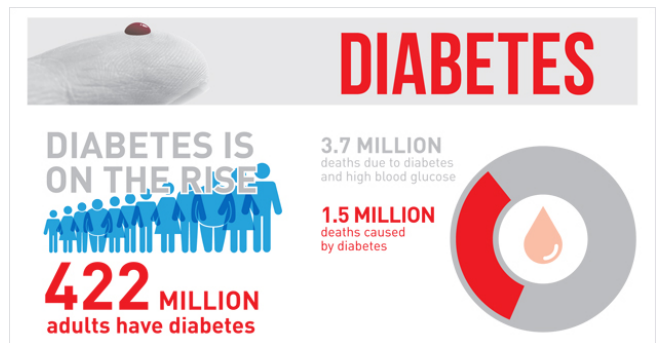
WAKE UP, BEFORE IT KILLS YOU!

Get plenty of fibre from fruits and vegetables
Reduce sugar, alcohol and fatty foods in your diet
Exercise daily for at least half an hour



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Higher risk of bullying, poor physical and mental health and obesity as an adult

Higher risk of early death, chronic illness and disability

Higher risk of pregnancy complications and an overweight child

Higher risk of disability, chronic illness and loss of independence

Heart disease and diabetes, which often accompany obesity, can deprive people of up to 8 years of life and 19 years of a healthy life.